

# Frederick County Health Department

Annual Report  
Fiscal Year 2007

*“Protecting the public’s health in  
Frederick County since 1886”*

# Message from the Health Officer

This year's annual report of the Frederick County Health Department provides a snapshot of the many ways in which the Frederick County Health Department touches the lives of Frederick County citizens every day. The report highlights a few of the significant accomplishments of the Frederick County Health Department in fiscal year 2007.



The roles and responsibilities of local public health departments in Maryland are based on the core essential functions of public health. We work behind the scenes to promote the health of our community and prevent disease, by providing health education, advocating for health-related funds from the state and federal governments, registering people for health insurance, providing nutrition assistance, inspecting restaurants, and inspecting well and septic systems. Perhaps the most significant role of the Health Department is to proactively address issues that have the potential to affect the health of many Frederick County citizens. Terrorist attacks, large natural disasters, and significant disease outbreaks have not occurred in Frederick County, nonetheless the Health Department must be prepared for them. The Health Department is also active in providing health care services directly to county residents through vaccination clinics, school health suites, family planning clinics, in-home evaluations of elderly persons, partnering with local physicians to perform cancer screenings, and providing mental health and substance abuse treatment and prevention. The Health Department also provides therapy for children with developmental delays and sheltered employment and job training for adults with developmental disabilities.

Priorities for the upcoming year include supporting the community through its health care access coalition to improve access to care for those who are unable to pay for care, promotion of healthier lifestyles, and expanded access to oral health care for children and

adults with public insurance and those who are unable to pay for care. Each of these issues, if left unaddressed, has the potential to reduce the productivity and quality of life of those affected.

Performing the routine tasks that ensure the health of Frederick County citizens as well as planning for the non-routine events that threaten many, the Frederick County Health Department will continue to serve the needs of Frederick County. I encourage you to contact the Frederick County Health Department for further information about our programs and to learn about volunteer opportunities.



## BOARD OF COUNTY COMMISSIONERS FREDERICK COUNTY, MARYLAND

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Dear Frederick County Citizens:

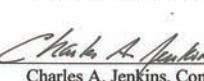
Public health measures are a cornerstone of this community's vitality and serve to promote the welfare of Frederick County citizens every day. The Frederick Board of County Commissioners relies on the expertise of the Health Department when public health concerns arise and supports the daily efforts that foster optimal health. We recognize that the citizens of Frederick County place great value in the health of their families and their community. With this in mind, we have confidence that the Health Department will continue to serve a central role in protecting and advancing public health for all citizens.

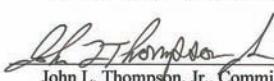
This fourth annual report celebrates the accomplishments of Fiscal Year 2007. Working together, we will continue to fortify the state of health and safety in Frederick County.

  
Jan H. Gardner, President

  
David P. Gray, Vice President

  
Kai John Hagen, Commissioner

  
Charles A. Jenkins, Commissioner

  
John L. Thompson, Jr., Commissioner



Barbara Brookmyer, M.D., M.P.H.

## Developmental Center

**Audiology Services** provides hearing evaluations and hearing aid support for children in the Infants and Toddlers Program, children who are uninsured and underinsured, and for some adults with developmental disabilities. In FY07, the Audiologist also helped five families access the Maryland Hearing Aid Loan Bank. The state-supported hearing aid loan bank is available for children under 3 years of age and provides hearing aids for a 6-month loan period at no cost to families. New in FY07 was the initiation of monthly home-visits to families whose children were recently identified with hearing loss.

**The Dental Clinic** administers dental services to those through age 18 with Medical Assistance or to those uninsured or underinsured. In FY07, during the nationwide annual celebration of Children's Dental Health Month, the clinic staff hosted the Boys and Girls Club of Fort Detrick and the Upper County Family Center of Emmitsburg. Both groups were educated about proper dental care, received dental care products and became acquainted with the dental clinic's dentist, equipment, and tools.

### **The Frederick County Infants and Toddlers Program**

**(FCITP)** provides early intervention services for children birth to three years with developmental needs. In FY07 the FCITP, in collaboration with Frederick County Public Schools and various community agencies, hosted over 411 children and family members at the First Annual Family Support Picnic at Breezy Hill Stables in Thurmont.

### **The Frederick County Respite Care Program**

**Program** allows families to identify a respite provider or recreational program that will provide appropriate child supervision while caregivers take a much needed break from the responsibilities of attending to a child with special needs. In FY07, \$10,000 in respite care funds was distributed on behalf of 65 families.

### **School Based Occupational and Physical Therapy**

**Services** ensure that every Frederick County Public School (FCPS) student with disabilities is able to participate in and benefit from the learning environment with the fewest possible restrictions. In FY07, the school-based physical and occupational therapists enhanced the means by which children with disabilities exit FCPS facilities during emergencies, navigate safely within their schools, participate in activities with their peers, and utilize the curriculum for optimal learning.

## Environmental Health

**Community Services and Development Review** provides services in the area of air and water quality protection, nuisance control, and vector borne illness control (rabies, psittacosis, West Nile Virus). In FY07, public swimming pool and spa inspections

## 2007 Accomplishments

The mission of the Frederick County Health Department is to improve the health of the citizens of Frederick County. The ways in which the Health Department achieves this mission range from prevention to early intervention to the treatment of existing conditions. The community flu clinics we hold each year are probably one of our most visible prevention activities.

In the fall of 2006, the Health Department embarked on two exciting flu prevention initiatives. The first broke new ground by involving staff from all Health Department divisions in the flu clinic planning and operation's process. The ultimate goal in adopting this approach was to serve more people by improving our efficiency. This is a very important goal because in the event of a public health emergency requiring mass medication distribution, clinics will be set up and staffed much like a flu clinic. The initiative proved to be tremendously successful. Over 3,300 people received the flu vaccine on November 6, 2006, breaking a Health Department record for number of people vaccinated against influenza in one day.

In the second successful flu prevention initiative, the Health Department in partnership with Frederick County Public Schools, administered FluMist® (a nasal-spray flu vaccine) free of charge to over 6,500 healthy children ages 5-11 years old at all Frederick County Elementary Schools.

This was made possible through a collaboration between the Centers for Disease Control and Prevention, MedImmune and the Governor's office as well as funding from the Board of County Commissioners of Frederick County. As a result of this project, the Nursing and School



Health Divisions of the Health Department received the Child Health Promotion Award by the Maryland Childhood Immunization Partnership for outstanding efforts to improve and promote child health in Maryland.

At the close of the 2006-2007 flu season, the Health Department had vaccinated nearly 12,000 people against the flu- a 50 percent increase over the prior year! Utilizing feedback and suggestions from our employees as well as the community, we will continue to build upon these successes and enhance our services to Frederick County.

resulted in the suspension of operations on sixty-six occasions for failure to meet standards. Nuisance complaint investigations remained at a steady level as did water and sewerage reviews for subdivision plats.

**The Food Control Program** performs inspection and education activities designed to ensure that food purchased and consumed in Frederick County is safe to eat. In FY07, the number of inspections performed and nuisance complaints received grew with an increase in the number of facilities requiring inspection. A special emphasis was placed on delivering outreach and education for the temporary food service facilities and activities that reoccur on an annual basis.

**Individual Well & Septic Program** staff were successful in securing State grant funds from the Chesapeake Bay Restoration Fund. These funds are being used to install enhanced nitrate removal (or other best available technology) on properties where the septic systems have failed or are located in environmentally sensitive areas. Permit reviews were also streamlined in FY07, enabling permit processing to occur within 5 working days (normally less) of receipt.

## Health Education and Promotion

New in FY07, the **Health Department's Injury Prevention Program** provided injury prevention services and information to clients of the Women, Infants & Children Supplemental Nutrition and Food program. The Health Department's website has also been updated in FY07 to include information about injury prevention as well as the Safe Kids Frederick County Coalition. Child-related product recalls are now routinely posted to the Health Department's home page.

**Nutrition Services** promote the community's intake of healthy foods and adoption of physical activity. One glowing example of this is the Food Groupie Program. This six session program is designed to excite children ages 4 and 5 about fruits, vegetables and physical activity and the benefits of each. In FY07, the ten schools that participated in the program were initially not including fruits and vegetables as part of student's snacks. By the end of the program, nine of the schools were including fruits or vegetables as part of their snacks everyday, and at the end of the school year seven of the ten were continuing this practice.



### The Women, Infants & Children Supplemental Nutrition and Food Program (WIC)

assists eligible women, infants and children to achieve improved nutrition and health status by providing nutrition education, selected supplemental foods

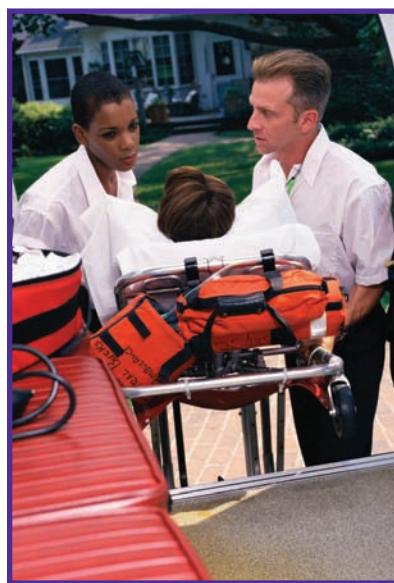
and health referrals in a caring, supportive environment. In FY07, for a third year in a row, the program served a record high of 3,600 participants per month. Also, as part of WIC's efforts to promote breastfeeding, a breastfeeding peer counselor was hired.

## Maryland Children's Health Program (MCHP)

MCHP provides free and low cost health insurance to children and pregnant women in families with low to average incomes. In FY07, 8,047 people applied for MCHP; this was an 18.7% increase from the prior year. Of this total, 800 were pregnant women, 6,858 were children and 389 were newborns. Nearly half of the applicants received assistance with the completion of their application and/or program education.

## Mental Health

The Mental Health Division of the Health Department continues to be a major provider of mental health services in Frederick County and one of the state's oldest outpatient mental health clinics (dating back to the 1930s). This longevity can be attributed to the staff who seek to remain on the forefront of mental health practices that address the ever-changing needs of their clients. For instance, in FY07 the Division increasingly included new wellness factors such as improved dietary habits and exercise in mental health treatment plans with positive results. Staff also enhanced their knowledge in the areas of diagnosis and treatment of attachment disorders as well as the psychological aspects of emergency management.



## Office of Public Health Preparedness & Response (OPHPR)

This division is responsible for the planning, training and response of the Health Department in the event of a public health emergency, either natural or manmade. OPHPR also provides community and partner agency edu-

cation. In FY07, OPHPR sponsored and/or participated in at least three conferences related to pandemic influenza preparedness and emergency planning for faith-based and special needs organizations. The Division continuously works to enhance public health emergency response plans and also tests those plans through exercises. In FY07, OPHPR participated with community partners in Maryland's hurricane exercise and the State of Maryland's Pandemic Influenza exercise. They also had a central role in the planning and operations of the seasonal flu clinics, which served as a preparedness exercise.

## Public Health Nursing

The **Chronic Disease Prevention Program** aims to improve the health and wellness of Frederick County residents by reducing the incidence and mortality rate of breast, cervical, colon, prostate and skin cancers. In FY07, in partnership with Frederick Memorial Hospital (FMH), outreach workers delivered community education and recruited for a prostate cancer screening held at the FMH Wellness Center. Prostate screenings were provided to 74 men, 39% of whom had abnormal results.

**Clinical Services** completed over 5,600 patient visits in FY07 through its Colposcopy, Family Planning, and STD clinics. Of those patients, 195 were identified with abnormal pap or breast exams and appropriate referrals were made.



The **Communicable Disease Program** hosted the first annual "Long-Term Care & Public Health: A Caring Partnership" conference in order to enhance disease outbreak surveillance within long term care and assisted living facilities.

The **Frederick County Diabetes Coalition**, comprised of members from the community as well as the FCHD, held two glucose screenings at the Frederick Memorial Wellness Center during FY07. Among the 115 people screened, 21 were newly diagnosed with diabetes or pre-diabetes and provided with appropriate referrals for follow-up care.

The **Guys Only!/Girls Only! program** hosted a conference entitled, "Building Resilience in Teens." Dr. Kenneth Ginsburg, a renowned pediatrician, presented to 130 professionals on how to communicate effectively with teens and taped a Q&A session for parents.

The **Healthy Start Program** achieved significant success in FY07 by increasing the number of visits to pregnant women by 108% over the previous year. This increase allowed many more eligible pregnant women and children to access early, continuous medical care.

An annual client satisfaction survey, administered by the Maryland AIDS Administration of HIV programs across the state that receive Ryan White Funding, showed that clients of the FCHD **HIV Program** are more satisfied with the overall quality of services compared to clients receiving services from other programs across the state. The survey also found that, among those surveyed, 100% would recommend the FCHD HIV program to other HIV-positive friends.

## School Health

The School Health Division prevents, identifies and responds to student health problems through the delivery of health services and health education. In FY07, in collaboration with the Nursing Division and Frederick County Public Schools (FCPS), 6,566 doses of FluMist® were administered to school children ages 5-11 at no charge. School Health again collaborated



with FCPS in the development of a video for educational/classroom presentations that promoted being smoke free. School nurses and students took part in the video, which was also shown at a Keys baseball game.

## Scott Key Center

The Scott Key Center (SKC) provides services to residents of Frederick County that are age 21 and over with developmental disabilities. SKC serves more than 116 adults with disabilities who are transported to work by the center from all over Frederick County. Ninety-four percent of SKC clients are gainfully employed. The supported employment program provides janitorial services to over 27 locations throughout Frederick County. In FY07, the SKC participated in the annual Big Sweep event, sponsored by Volunteer Frederick, by collecting donations and then spending one day cleaning a predetermined site in Frederick County. Emergency preparedness skills were also enhanced by participating in a statewide exercise, which focused on distributing medical supplies during a large-scale emergency.

## Substance Abuse

In FY07, **Treatment Services** began a collaborative effort with Way Station, Inc., a large provider of mental health services associated with Sheppard Pratt, to provide outpatient treatment to their Dual Recovery Program clients with substance dependence issues. A full-time substance abuse counselor now provides individual and group treatment on-site at Way Station.

The Cigarette Restitution Funds Program, under **Prevention Services**, awarded a total of \$270,000 to community organizations and schools to use for education, cessation and law enforcement activities in order to deter tobacco use. Prevention Services also reached 653 parents and children through its educational programs, which are designed to enhance protective factors that buffer children from engaging in high-risk behaviors.

## Program Data Fiscal Year 2007

The Frederick County Health Services Division provides for the public health with approximately twenty seven million dollars in State, County and Federal funding. The County Health Services Division uses the many sources of funds to create the best possible public health effort for Frederick County citizens. The following is a list of services provided in fiscal year 2007.

### Administration

Birth Certificates Issued	6647
Death Certificates Issued	6767
MD Children's Health Insurance	
MCHP Applications	8047
Pregnant Women	800
Children	6858
Newborns	389

### Developmental Center

Infants & Toddlers Program	
Infants & Toddlers served	533
Infants & Toddlers referred	485
School Based Services	
Occupational Therapy clients	389
Visits	7519
Physical Therapy clients	179
Visits	2927
Rock Creek School Nursing clients	105
Visits	13525
Vision Services	14
Audiology Services	860
Dental Visits for Children	4410

### Environmental Health

Community Services	
Subdivision Plats Reviewed	1285
Bathing Beaches Inspected	3
Open Burning Inspections	40
Swimming Pool & Mobile Home Park Inspections	448
Rabies Vaccinations for cats & dogs	1009

### Water Quality & Waste Disposal

Tests of Onsite Sewage Disposal Systems	3147
Alternative Sewage System Evals	26
Building Permits & Zoning Certifications	2557
Individual Onsite Water Inspections	396
<i>Food Control</i>	
Food Service Facilities Inspections	2659
Food Borne Illnesses Investigated	6
Temporary Facilities Inspected	490
Institutional Inspections Food & Non-food	122
Nuisance Inspections	178

### Health Education & Promotion

<i>WIC</i>	
Clients	5984
Post Partum Women	402
Breastfeeding Women	327
Infants	1970
Children	2093
Certifications	2182
Recertifications	4783
Check Pick-up	42673

### Injury Prevention

Total Served	6645
Car seats checked	662
Total car seats distributed	103
Total bike helmets distributed	96

## Nutrition

		Communicable Disease	
Community and Educational Speeches	12	HIV/AIDS	88
Number attended speeches	386	Child Immunizations	4115
Food Groupies Program Sessions	132	Adult Immunizations	4845
Number of children reached	424	TB clinic visits	1502
Community Health Fairs or Screenings	9	Refugee Health Clients	34
Number of contacts	938	Migrant Camp Clients	32
Number of walking clubs	4	<i>Cancer Programs</i>	
Number of participants	94	Education and Outreach	6430
Number of miles walked	7351	Breast & Colon Cancer Screening	698
EEO trainings	4	<i>Employee Health &amp; Safety</i>	
Number of people trained	15	Health & Safety Classes	33

## Mental Health Services

Adult Clinic Visits	8041
Child & Adolescent Visits	2762
Personal Care Visits	4235
AERS Evaluation of Elderly	838
Nursing Home Trainings	95

## Public Health Nursing

### Maternal & Child Health

Visits to Pregnant Women	843
Healthy Start Child Visits	2166
Case Referrals	8
Education to Groups	314
Lead Poisoning Education	7604

### Clinical Services

Family Planning Visits	4723
Colposcopy	215
Sexually Transmitted Disease Treatment	980
Abnormal Pap & Breast Referrals	195
Education Program for "Guys Only"	226
Hispanic Outreach & Education Programs	265

## School Health

Health Room Visits	149472
Treatments Administered	27682
Medications Administered	71472

## Scott Key Center

Clients	115
Competitively & Supported employment	14%
Supported employment only	35%
Sheltered employment	45%
Non-work focused program	6%

## Substance Abuse

<i>Clinic Visits</i>	
Adult Visits	7259
Adult IOP	2365
Adolescent Visits	2545
Adolescent IOP	80
Methadone Visits	7594
<i>Community Education</i>	
'Kids Like Us' Program	226
Detention Center Individual Visits	12220
Smoking Cessation clients	382
Education to individuals	1041

*On the Cover:*

We are proud this year to have on our cover the *Key to the Garden*—a key designed and brought to life by our own Vince Coates, local artist and Employment Coordinator for the Scott Key Center in collaboration with 11 clients and a second staff person of the Scott Key Center. Mr. Coates was asked by the Frederick Arts Council to design one of the keys for their first-ever community arts event. The key was created to raise awareness about Scott Key Center's employment services and commercial greenhouses.

The *Key to the Garden* stood at the entrance to the East Street Park. It is now owned by the Scott Key Center's incorporated arm and resides at the Center. The staff person and clients who assisted with the artwork of the key included: Ali Craig, Larry Maples, George Disney, Lynn Robinson, Barbara Wiggs, Barbara Jowanna, Ricky Munday, Troy Echard, Alan James, Wayne Miller, Kurt Tomchik, and May Cunningham.



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